

COPD

Arizona Department of Corrections
Health Service Bureau

Inmate Wellness Program
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What is COPD?

COPD stands for **Chronic Obstructive Pulmonary (Lung) Disease**. Having COPD means that some of the air flow in and out of your lungs is blocked. This causes serious health problems.

Blocked air flow is usually caused by Chronic Bronchitis, Emphysema, or both.

- **Chronic Bronchitis** is swelling of the airways that connect the windpipe to the lungs. This swelling often causes a ***persistent cough that produces sputum or fluid and breathlessness***. Many times people with chronic bronchitis turn a ***pinkish-red color***.
- **Emphysema** is when the tiny air sacs in the lungs become damaged and then the lungs are not able to bring air to the parts of the body that need it. Emphysema usually causes ***shortness of breath*** when exercising that starts off minor but becomes more severe over time. Also, people with emphysema may turn a ***blue color*** from not getting enough oxygen.

If You Have COPD:

If you are diagnosed with COPD, there are treatments - but no cure. Your health care providers will discuss what treatments will work best for you. You may be given medicine in a pill form, liquid form, or you may have to inhale it with an inhaler. You may also need to do breathing exercises that will help you control your breaths.

If you have COPD, you need to take care of yourself. Make sure you eat a healthy diet, stop smoking, exercise and follow your health care provider's instructions..

Prevention

- The number one way to avoid COPD is by ***NOT SMOKING!*** You can get information on how to quit smoking from the health unit. Even if you are diagnosed with COPD, it is not too late to stop smoking. Quitting may help keep your COPD from getting worse.
- Also, if you are working with chemicals, use appropriate protective equipment whenever issued.

